



Friday 21st January 2014

YOUR FREE WEEKLY NEWSPAPER

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Food, shopping
and new tests
DEAN ADAMS

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Win tickets to see
Grudge Match
COMPETITION

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Japanese cuisine comes to
Chichester at Wagamama
FOOD & DRINK

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Hope of tax relief

» Cabinet recommends council tax freeze for fourth year

David Allen

CHICHESTER HERALD EDITOR

CHICHESTER'S Sussex County Council's Cabinet this week voted to recommend a freeze on council tax for the fourth year in a row.

The budget for 2014/15 will mean for you in a meeting of the full County Council on Friday, February 14.

If approved, it will mean the average funded 15 council taxpayer will continue to pay £24.50 for all services delivered by the County Council.

Still to be added to that figure will be the amounts required by individual districts or borough

councils, Sussex Police, and town or parish councils.

Michael Brown, the Council's Cabinet Member for Finance, said: "I am delighted that we will be asking the Council to freeze council tax again."

"It means that local taxpayers will be paying the same in council tax toward the get of March tonight they were on April 1st, 2014."

"We recognise that times are hard for every household, and as a Council we have a duty to help them if we possibly can."

Cabinet Members were told at Tuesday's meeting that the proposed budget was set against... Continued on page 3



Local taxpayers continue paying the same amount towards the 15 of March 2015 that they were on April 1, 2014

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REPORT A SUSPECT
CHARGEABLE WITH

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SHILLING MARKED IN THE
PAVILIONS BY CLARKE
FOR SPENDING PRIDE RECORD

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WINE TASTING AT THE
SOCIETY OF MORE THAN
£100 PER QUART

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Local News

Cabinet recommends council tax freeze for fourth year

Continued from page 1

a background of continuing austerity in the public finances, and ensure the County Council must continue to plan for such reduced resources.

Michael said: "At this stage, we have produced a two year savings plan for both the next financial year and 2013/14 totalling £55m.

"However, there is a lot of good news in this budget, not least the significant investment of £15 million in improving our outstanding road network with more to follow in 2013/14.

"There is also growth money of £10m million for the 2013/14 budget, and this will be for the National Care Service. From schemes to reflect the growth in numbers of people eligible for free bus travel."

The budget also includes £20 million for the Housing Age of

Transfer project, which will also include a new secondary school.

There is also a projected £14 million for primary and secondary school basic needs projects – allowing schools to spend to help deal with rising pupil numbers.

A report to Twente's Cabinet said: "The budget enables the core principles of living within our means, protecting the vulnerable and lowering costs wherever it is demonstrated.

"It provides for the transfer of the County Council to a modern commissioning organisation, drawing on all strands of service and the best economy to deliver cost effective services focused on the community."

"While financial pressures are unlikely to ease in the near future, the County Council remains well placed to deal with the challenges ahead."

Council Leader Louise



Collier said: "As a conscious council, we have gone into the budget, we continue to deliver a wide range of services, and in the most needed areas of Adult Services are increasing funding to meet growing demands.

"In the future the County Council will focus on three key areas: Start of Life, the Energy

and Later Life.

"We know that West Sussex is a great place to live, work and visit and the Council has an important role to play in helping to maintain that, which is why we are changing how commissioning works to meet the demands of our residents for today and tomorrow."

For more news about West Sussex go to www.chichesterherald.co.uk

Tributes paid to Arundel officer

TRIBUTES have been paid to a Sussex Police officer who has died suddenly.

PC Mark Brown died on Saturday during natural causes. An inquest will not take place.

A former spokesman said: "We are sad to hear that a serving officer has sadly died after being shot of a bullet while off duty."

PC Mark Brown, who was made police officer based at Arundel, died at Southampton General Hospital on Saturday.

"Our thoughts are with Mark's family."

PC Brown was 40 years old when he died.

Det Chief Peter Johnson said: "Thinking of the friends and family of PC Mark Brown who passed away today. A huge loss and a great colleague. They will be greatly missed."

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Public respond to Bosham murder inquiry Crimewatch appeal

ACTION on people placed in with information following the Bosham murder inquiry being featured on BBC's Crimewatch on Wednesday.

Valerie Gove was found dead with significant head and facial injuries at a house in Strangles Lane, Bosham, on Monday 20 December 2011 and other residents of her family had been staying at the property long after which the ground was away over the Christmas period.

Det Chief Superintendent Nick May appeared on the television to make an appeal for information and he talked about the impact, a banner which police believe was used to kill Miss Gove. This was found by police in Bosham during extensive searches of the area.

He said: "We received about 20 calls after the appeal and we're

particularly interested in a couple of the calls, which we will be following up."

"We would like to thank the public for their assistance but we still need to hear from anyone who may have information."

"We need to know the origin of the banner and ask if people could check if they have lost such a banner or had one stolen in the period leading up to the murder."

"We would also ask police officers, prison staff, probation officers and professionals who work in mental health, if they have dealt with anyone who has talked about serious intentions towards a banner, to let us know."

The banner is about 10m in length. It has a distinctive red and black handle and is coloured with the words 'Purge' and 'Kill' with a picture of an officer in an oval.

"The banner was available to buy in branches of Sainsbury's."

"We would also like to hear from anyone who saw anything suspicious or unusual in the area from the afternoon of Friday 20 December to noon on Monday 21 December."

Det Chief Inspector Justin Eubank, District Commander for Chichester, said there were 200 Hampshire Police officers in Bosham who were doing daily patrols as well as some private.

"Any residents who have concerns or have any information should speak to the officers who are there in Bosham."

Anyone with information should ring 101 or email westsussex@pc.nhs.uk, police are quoting Open 101 Enquiries or ring the independent charity Crimewatch anonymously on 0800 555 111.

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MF, July 2013

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LR, August 2013



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Delivery of local services on agenda for Health and Wellbeing Board

PLANS for the delivery of key local health and social care services are on the agenda for the West Sussex Health and Wellbeing Board.

The Board met yesterday (January 14, at 10.30am) at County Hall North, Chichester, Hampshire.

The Board will be reviewing commissioning plans for health and social care for the next two years (2016/17 and 2017/18). The plans are being developed by West Sussex County Council and the NHS (the three West Sussex Clinical Commissioning Groups and NHS England) for the delivery of key local services, including hospital services, public health, adult and children's mental care, primary care and mental health.

Chairman of the Board Christine Field said: "We'll be checking that the organisations involved are working together to ensure their plans are consistent with local priorities,

as set out in the agreed Joint Health and Wellbeing Strategy for West Sussex."

"Key priority areas for the Board are children and families, workless health, and dementia. We want to see how these are reflected in planning services for the future - to ensure improved health and wellbeing for West Sussex residents."

The Board will also look at how funding from the NHS for social care, called the Better Care Fund, will be allocated across West Sussex. The funding is intended to transform local services so that people are provided with better integrated care and support, and using through the experience of intensive support teams.

To find out more and to see the agenda, visit the Health and Wellbeing Board web pages on the West Sussex County Council website at www.westsussex.gov.uk.

Local man running 12 marathons in 12 months for special needs school

KEVIN BROWN, founder of local company Chichesteride, was today launching his work as part of his foundation for raising money for a special needs school in Portsmouth. Last Sunday he was in his hometown of Chichester, among his parents, grilling everyone as he challenged himself to run 12 marathons in 12 months on a treadmill at someone's Secretary's store around the West Sussex and Hampshire.

The task has been easy but he is extremely committed and has very generous aims: to help Redwood School, which needs £250,000 to provide very adequate sports changing facilities, which has no toilets or showers, with a modern up-to-date building with heating, showers and toilets.

Kevin said: "Swimming is a really important part of therapy for children with special needs - these facilities are going to make a real difference to them."

He'll have been supporting Kevin with their own fundraising activities and were there on Saturday helping to collect donations. If you want to find out more about the Chichesteride Foundation and other fundraising events for Redwood School, please email Chichesteride@chichesteride.com.



Kevin, joined with his Olympic Torch, is supporting 12 marathons in 12 months.

Home Start

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Home Start Chichester & District (Registered Charity No 1129766) is a voluntary organisation committed to promoting the welfare of families with at least one child under the age of five. Our volunteers offer regular support, friendship and practical help to families under stress in their own homes. To improve outcomes for their children and therefore help to prevent family crises and breakdown.

We are looking to increase our number of Volunteers based in Chichester and the surrounding areas from Salisbury in the south. Come alongside in the north the Hampshire border (including Thornton) is also to the west is up to Bognor Regis to the east. All our volunteers have parenting experience are DBS checked and complete a one day a week, ten week preparation

course. Each volunteer works one or two families once or twice a week for a couple of hours each time.

We also require new Trustees to join the Board. We require people with sound independent judgement, who have the ability to think creatively and are willing to speak their mind. We would be interested in receiving applications from professionals, either retired or still working.

If you are interested in becoming a Volunteer or a Trustee please contact the Home Start office by e-mail or letter and state clearly which position you are interested in.

Home Start Chichester & District is committed to equal opportunities

Home Start Chichester & District
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St James Road, Chichester PO19 7MB
or e-mail: admin@home-startchichester.org.uk

Residents invited to view initial plans for transit site



PLANS for a new short-stop transit site for residents in the district are moving forward.

Residents living in Westbury and the surrounding areas are being asked to see exhibits so that they can comment on the initial

plans for the transit site.

The exhibits take place on Thursday afternoon between 4pm and 8pm at The Marsh Church in Regent Road, Westbury.

Last December, councillors agreed to enter into a multi-agency

partnership agreement with council across West Sussex and Sussex Police for the site on land at the mouth of the Newhaven Dapet in a bid to manage and reduce unauthorised encampments.

Planning permission is now being sought to change the use of the land from depot use to use as a transit site to accommodate up to nine short-stop pitches. There will be a consultation as part of the planning process. The plans are to go before the council's Planning Committee in the next few months.

The exhibits provide residents with an opportunity to find out what changes to the Depot are being proposed, and to talk to the design team about the proposed design. Information will

also be available about:

- the proposed timetable for submitting the formal application;
- the open process that will be followed for consultation with key stakeholders and for public comment; and,
- how the application will be determined by a public meeting later in the year.

Further information has also been placed on the council's website at www.chichester.gov.uk and search 'transit site'.

Councillor Janet Easley, Cabinet Member for Support Services at Chichester District Council, says: "It is a difficult balance we are facing. We have to balance the needs of the local community and the needs of the gypsy and traveller population."

Our district alone had 50 unauthorised encampments in last year and there were more

across the county which caused significant cost and disruption to the gypsy and traveller services. Research and evidence shows that a transit site is the best solution.

We believe that this transit site is the best solution to meet with the problems of unauthorised encampments as it will provide an appropriate stopping area for the gypsy and traveller community, reduce disruption to our local communities and provide the police with greater powers to take action.

"We want to make sure that local residents are kept informed and involved throughout the process and so we would encourage them to attend the planned exhibits."

Following the introduction of a transit site, East Sussex has seen a significant reduction in the number of unauthorised encampments.



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Police seek Bognor crash witnesses



POLICE are appealing for witnesses to a road collision in Bognor Regis. At 11pm on Thursday 23 January at the far eastern end of the Esplanade, a grey Citroën CX5 travelling east left the road and struck a lamp post.

The driver, an 89-year-old man from Bognor Regis, suffered a head injury and was taken to St

Rochelle Hospital, Chichester, from where he was discharged on the following day.

Sergeant Rob Edshaw said: "Anyone who saw the collision, or who saw the vehicle being driven just beforehand, is asked to contact us on 100, quoting serial 061 of 2014, or email collcas@pcpolice.uk."

POLICE are seeking a car which failed to stop after colliding with a cyclist near Arundel.

At about 5.30pm on Monday 23 January a silver estate type car was heading north along the A286 from the roundabout with the "Waterside" roadblock when it struck a pedal-cycle ridden by a 35-year-old

going east who was travelling in the same direction, knocking him off. The car did not stop.

Sergeant Stewart Goodwin of the Sussex Road Policing Unit at Arundel said: "The make was taken to the Royal Wootton Bassett Hospital in Wootton Bassett with serious although not life-

Crackdown on drivers in Chichester

OFFICERS from Chichester Highways Patrol, Police Team, issued a list of actions on Monday January 20 targeting the issue of speeding vehicles, driving whilst using a mobile telephone and driving without a seatbelt in the Chichester and Southbourne areas.

During Monday afternoon officers were on the A203 in Southbourne. During their time there six vehicles were pulled over and dealt with for a number of offences. One driver was given a ticket for not wearing a seatbelt, two were fined for not stopping at a red traffic light and

two were spoken to about speeding. Another car was stopped for having illegally loaded vehicles, which were then removed by the driver.

Officers headed to Knight Road in Chichester during the afternoon. At that location officers stopped four vehicles one for the driver not wearing a seatbelt and three for drivers using mobile phones. A cyclist was also stopped for cycling on the pavement.

POSG Jason Letwin said: "We have listened to local residents who have raised concerns to us about speeding and various other driving

offences and we intend their comments. This day will be one of many where we will continue to work with local neighbourhoods to deal with the issue of speeding and other road related offences."

Are you interested in joining a Community Speed Watch volunteer group in your area? These are volunteer groups who work with the police and are issued police speed calibrating equipment as a regular task.

Phone nearest your local PCSD who will be happy to answer any questions.

Woman left seriously hurt in crash

A WOMAN was left seriously hurt after a three-car collision on the

A30 near Steadon on Thursday, 23 January.

The crash involved a Ford Mondeo, a Honda Civic and a BMW. A 35-year-old man from Goring, the driver of the Ford Mondeo, was arrested at the scene on suspicion of dangerous driving.

The driver of the Honda, a 45-year-old woman from Pulborough, was taken to Southbourne Hospital with serious injuries to her neck, ribs and pelvis. The driver of the BMW, a 30-year

old man from Epsom, Surrey, was taken to St Richard's Hospital, Chichester with neck and rib injuries.

The accident occurred shortly after 3.30pm and led to the A30 being closed to traffic for several hours while emergency services were at the scene.

Anyone who saw what happened or who may have other information is asked to phone Sussex Police on 100 or email collcas@pcpolice.uk, quoting Operation Pebble.

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- Endersley is a 7-month old ginger inside lop, she's looking for a home with her brother Drago. Drago is a grey male lop. Both friendly and love to cuddle.
- Walnut and Pecos are two lovely



• a month old large black bunnies. These friendly bunnies are brother and sister and would love a home together.

• Mendocino and Harlow are a month old sister looking for a new home together. Both lovely, responsive bunnies. Mendocino is grey and Harlow is black/brown.

If you are thinking about adopting a rabbit or guinea pig, you can visit the centre every Sunday between 10am - 3.30pm, all having a subject to a pet home visit. All rabbits are neutered,

socialised, and come with a 6-month free pet insurance. There is a minimum duration of 12g for each rabbit. We only release rabbits to pairs or singularly if you have a bonded rabbit already. We also have the time and expertise to bond rabbits going from the best chance possible.

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Police and crime panel approve investment for victim support and fighting cyber crime



in the police's annual tax precept - a small part of the overall council tax.

This is the first increase for four years, the precept having been frozen since 2010. The increase will add another £4.95 per annum to a Band D household and will generate £1.5m for police work.

"Agreeing a budget that will increase council tax for residents at a time when councils are working tirelessly to prevent any rise was a very difficult decision for the panel to make and one that wasn't taken lightly," said the Cllr Glyn Davies, one chairman of the panel who chaired Friday's meeting.

"Whereas till there may have been alternative ways to raise the money needed for investment without increasing the taxpayer. Shortening the budget, members asked for a guarantee that other options had been looked at and

were satisfied that this was being done."

The panel questioned the Commissioner on her savings plan, asked whether she had considered diverting money from tackling the types of crime which are rising and queried whether sufficient savings had been made on support staff and premises.

The Commissioner said the additional money would be used to pay for six dedicated Sexual Offences Liaison Officers (SOLOs) that would offer support to victims of sexual violence, domestic abuse and child exploitation. She said the addition of the SOLOs would release 3,000 hours of officer time for general police work.

Investment would also be made in increasing mobile tracking systems, she said the panel. This would include fast tracking the recruitment and training of up to 100 officers in addition to the current plan to recruit 100 police and 100 police support staff.

Finally, the Commissioner

said, investment would be made in fighting cyber-enabled crime. Sussex Police would continue to work with Sussex Police to develop a joint Cyber Crime Strategy, train officers and staff in this area and train frontline officers to respond to cyber-enabled crime.

"While we recognise that any increase in power will impact on residents, we felt the investment detailed by the Police and Crime Commissioner was vital to deal Sussex Police and keep our communities safe," Cllr Davies added.

With effectivity over the level of increase that would trigger the need for a referendum, the panel agreed to a rise of up to 3.0 per cent as long as a referendum was not needed.

The panel also heard reports from the Police and Crime Commissioner on the Police and Crime Plan 2013/14 and on updates on plans to replace the Police and Crime Committee of Sussex Police.

Sussex Police and Crime Panel has given its backing to the Police and Crime and Commissioner's budget that will see investment in victim support, domestic violence and the fight against cyber crime.

Police and Crime Commissioner Katy Bourne

presented the 2014/15 Sussex Police budget to the panel responsible for approving the budget at its meeting on Friday, January 31.

She asked the panel members to approve a budget that would result in a 3.0 per cent increase



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Remember the film Brazil and its machine-like bureaucracy? It's all around us



Allis Moss

On the Case

WAVE 50% found that a freedom bureaucracy and loss of integrity has seeped into almost every walk of life? It's in the shops, offices and public services of all sorts, everywhere where persons and local managers can hide behind officialdom. You sometimes think services with a smile in an organisation. It's a pleasant job of someone as kindly as Terry Colburn's voluntary fire team made real.

I try to resist writing, all the time about the excess of bureaucracy and to desert On The Case's weeknight coffee discussion that this morning has taken the proverbial liberty. Before we'll reach the Chichester, the way to London Victoria had a drink and we all had to be escorted onto a slow train at Waterloo. Straight out

of the film Brazil, it's a "fact that cannot not be corrected," says the record voice. Not even if Denise, Stephen Barber and a bevy of Oxford dons combine the theory problem together. The train then is only pulled every, maybe.

"I don't know what it is," the driver and "I'm just driven it up from Southampton and there's a problem. But it certainly twisted there."

Thinking real time delays in a marvellous time and helps hold transport companies to account. But how easy would it be to send a person back reporting a non-existent fault? Just for a left, like the buses should pay for him.

Real Kicks

2012 data on the week shows Henry, a French man, is one of a growing problem. Henry, who has been reported with a GP and goes to A & E only when they suddenly need help. Henry woke up with screaming pain, is at lower back, recently his could hardly move and could only get downstairs shaking

on his bed. At Allis Henry was given mild painkillers and ordered to get the proper drugs on prescription from his GP. But, he went in to register with one but was refused to go to provide his insurance number, which he didn't have and would need an initial consultation before he was allowed to make an appointment with a nurse who would be his doctor a week. With his GP out of jail card, he goes to his GP appointment whereupon he's promptly referred to another A&E. But they send him back to his GP. It is two weeks later when Henry is finally seen for an x-ray at a nearby clinic. But he can't be given the result. The x-ray can only be sent to his new GP and a week later it still hasn't arrived. It's lost or delayed in the system. But while after Henry woke up with a bad back, the story turns up. By which time, thank God, the pain has begun to recede of its own accord. His recovery might be all at it least modest.

Healthily wrong?

Why do the millions of Queens

veterans produce put a government... get serious... in their chilled range of steel most free organisations favoured... not, my argument is, if you're healthy conscious and not into addictions you would want it but might not realise. A busy man, for example, will say to himself, it's low fat and healthy, next time I have my charcoal custom added.

Always used to small print.

Sticks

I've got a million sticks of paper from the supermarket. On thinking of being a full-time writer to gain experience in a crowded market, to make sure I don't miss out all the documents and records.

"Children look up to them," advised the author at Sturbridge

check out, confirming the staff. It all seems that was out of date. It had been worth all of anyone but had put up. He handed me another document of up and I had to spend the first, by a deadline.

And finally

My sister and I shared a table with a friendly chap looking to be a massive fly-up... and even, that's not all, and again, cheap, honest and honest. Where is Britain. It's wonderful when you need them.

"I just had a genuine hand lifted," continued the chap with a grin, holding a chap and having it to talk. "I haven't seen for you, mate. Learning... such questions about who pays for such up, I couldn't help wonder why he'd had someone surgery to treat his entire but was still sitting with large portions of ground under food. On the plus side, he was unimpaired at showing his table, just in and finally, and he wasn't a broken bureaucrat."

Connect with us @allisonmoss @chichesterherald on uk

Charity Valentine's Cocktail Party

You are invited to a night of fun and fundraising at a Charity Valentine's cocktail Party on Friday 14th February 8.30pm - 11.00pm at La Havana Bar, Little London, Chichester.

The dress code will be 'Gorgeous and Red' and is a nod to Saw the Children and the NSPCC. Both Chichester Herald colleagues Denise Kelly and Dawn Adams are running the London Marathon in April 2014 with ALL the money raised going to these two amazing charities.

You will be served pink bubbles on arrival with canapés provided throughout the evening that includes live music, auction, raffle and more...

Price per order is £28.00. Tickets will be sold on a first come first serve basis, and as this is a charity event full payment will be required prior to the event to secure your place.

Venue: La Havana Bar, 1 Little London, Town Centre, Chichester PO19 1PH (01243 771771)
Date: Friday 14 February 2014, 8pm-1am
Dress code: Gorgeous and Red

TO BOOK YOUR TICKETS CALL:
Denise Kelly on 01243 538640 or 07736 471434;
Sephie Robins 01243 774610 or 07919 191406





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WINTER WARMERS 2014

Monday

CHICKEN BALTI

A mild and fruity Curry served with Pilau Rice
and Naan Bread

Tuesday

STEAK AND LONDON PRIDE CASSEROLE

Slowly cooked with Carrots, Onions and Celery

Wednesday

GRILLED GAMMON STEAK

Topped with a Pineapple Ring and served with
a Sherry Gravy

Thursday

CHICKEN CASSEROLE

Cooked in a Red Wine Sauce with Root
Vegetables

Friday

DEEP FRIED FISH OF THE DAY

Served with Chips, Peas, Lemon and Tartar Sauce

Don't forget to have a look at the shop on the way out

Chichester Cathedral, The Royal Cloisters, Cathedral Cloisters, Chichester, West Sussex PO19 1TX

Giant stone Bosham Head returns to The Novium museum

A GREAT stone head unearthed in West Sussex more than two centuries ago is now on permanent display at The Novium museum.

The Bosham Head is thought to be a statue of the Roman emperor, Trajan, dating back to AD 100.

Experts say it is the largest Roman statue found in Britain. The head, made of stone like the rest and made of Roman marble, was discovered in the garden of a country mansion in about 1800.

The best part of the museum collection, which has been housed at The Discovery Centre in Fishbourne Roman Palace for many years, is now moved back to the museum in Tower Street earlier this year. It now takes pride of place in the museum's ground floor among the prehistoric Roman exhibits.

Mystery has surrounded the head because the face has been so heavily damaged by weathering – possibly because it was in the sea at one point. Specialists have felt that there was not enough left of the face for a proper identification.

Recently Dr Miles Russell from Southampton University used 3D scanners to measure the sculpture (195kg) head. The 3D scanner enabled the experts to get an exact feature and a distinctive hair style,



which led them to conclude it was most likely Emperor Trajan. They believe it was set up by Trajan's successor, Hadrian, as a seal to Britain in AD 120 and would have greeted visitors as they entered Chichester Harbour.

Councillor Miles Collin, an Cabinet Member for Commercial

Services, said: "We're delighted to bring the Bosham Head into the museum's permanent collection on show at The Novium. The experience has caused much interest since the statue arrived at The Novium."

For further details about events please visit www.thenovium.org.uk or call 01243 953880.

Groundwater levels are already high and will remain so for weeks



THO flood alerts for the River Larent and the River Dene have been issued by the Environment Agency.

A prospective flood alert is also in place for West Dean, Singleton, Clifton, East Dean and Chichester.

Flooding has damaged roads around Singleton, Hildesley and Westbourne, particularly the B1052 and the A201 between East Larent and East Dean.

The Sussex between Hove Lane and West Marden has been temporarily closed.

All other affected roads are available with care.

East West Sussex County Council and the Environment Agency continue to respond to, and monitor, the affected areas.

The County Council is asking motorists to be considerate and drive slowly through water. Water is already flowing quickly

downstream, protecting properties and trees planted by.

Station water on closure hidden drains such as on damaged pavements and other damage to the road, so please be careful.

Groundwater levels in areas affected by high groundwater levels should consider moving persons belonging out of their homes.

Groundwater flooding will usually occur dry, or even wetter, after heavy or prolonged rainfall, and can last several weeks.

For an up to date view on road closure please refer to the 'West Sussex' section page <http://www.sussex.gov.uk>.

For the latest updates follow @1900Hove on Twitter.

For advice on what to do before, during, and after floods, visit www.watersussex.gov.uk, flooding.

Weather and flooding update for West Sussex

Spells of heavy rain have been forecast for West Sussex over the coming weekend, with strong winds expected in coastal areas on Sunday.

Massage relieves stress and tension - and this is no different for babies



By Becky Edwards (Children's Centre Co-ordinator) and Nick Graham (Family Outreach Work)

HAVING a new baby at a busy and exciting time, often fraught with a stress of visitors, nappy changes and bedtime feeds does the parent, it's important to find time to relax with your baby and enjoy some quiet bonding time together - baby massage gives you the perfect opportunity. Through a relatively new concept in the UK, baby massage has been practised for hundreds of years in countries such as India and was recognised as a crucial part of baby's routine. Baby massage welcomed into the world with a cleansing massage, performed with a lot of dough and moisture to be massaged daily throughout infancy.

Massage is a lovely bonding experience and enhances baby's sense of touch and development. It can help new parents gain confidence in rocking their baby's cues and be more in tune with



their needs, as well as offering a therapeutic and calming experience. The soothing effects of massage stimulate production of oxytocin in both the parent performing the massage and baby that 'feel good' hormones is also produced during breast feeding and encourages feelings of wellbeing and promotes bonding. Techniques that massage not only valuable in the neonatal or primary care, but also to new dads or partners as a method of connecting with their baby. Research has also suggested that baby massage can be helpful when treating Post Natal Depression, which studies suggest that both men and baby benefit from the relaxing activities achieved by massage.

As well as having a positive emotional aspect, massage also has many physical advantages before benefit from improved circulation, digestion and growth and many new parents report that it helps improve various complaints such as colic and reflux.



Regular massage can also help babies to settle more easily and aid natural sleep. As adults, many of us enjoy massage as it reduces stress and tension and this is no different for babies.

Baby massage doesn't have to be complicated or representative sessions are often offered at early parenting courses and many children's centres offer the course for a small fee. You can also perform simple massage at home using light lotion and stroking, providing your baby has had five

swaddles and pacifier the advice of your health visitor. It is also advised that babies should not be massaged until 10 hours after their routine vaccinations. There are many websites and books which offer advice and guidance on how to perform but it is important to choose a time when your baby is awake and settled and not too hot or cold. Most importantly, massage should be a time when you and your baby enjoy being close and spending precious time together.

Baby massage is available at Chichester Family School, Chichester and Family Centre on Monday from 1.30-2.30pm. A refundable £5 deposit is required and advance booking is essential. Call 01243 640 950 for more information.

For more information or support with parenting visit Chichester Nursery School, Chichester and Family Centre or phone 01243 640 950. Website www.chichester-nursery-school.co.uk.



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Food, shopping and new teeth



Dean Adams
(see page 10)

This week, some of Britain's biggest supermarket chains including Tesco and Morrisons have pledged to reveal the amount of food they discard in an effort to cut the millions of tonnes wasted every year.

Tesco was the first of the supermarkets to release its figures, in October, revealing it generated 18,000 tonnes of food waste at its stores and distribution centres in the first six months of last year alone.

It continued it was to drop some food products after finding

that two-thirds of produce grown for bagged salad is wasted - 55% of it in the home.

The retailer also found that 40% of apples are wasted, as are just under half of bakery items.

What happens to all of this wasted food? That week, (see page 10), farmers are asked to either donate it to charity, to be used as animal feed, or to be used for energy. But why take the time to sort it out at the public's expense? The amount of their 'wasting' is big without the police cost.

Wouldn't it be good if there was a central drop off point so each city centre for supermarkets to put their out of date food so that the low priced it could make use of it?

Let us know what you think @TheWitterings

Shops grab you by the ££££s

I WENT into a well-known supermarket this week to buy a couple of things. £25.44 worth of things to be precise. The reason I realised it out was because my final bill receipt was £43.94. No, I didn't have a random who was

all fingers and thumbs but I was actually taken in by deals and offers. £39.99 these promotions have not on items I didn't really need. Work out what you need and what you actually spend and it's amazing.

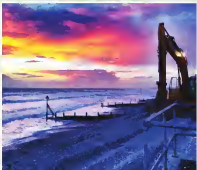
New teeth? Yes please

I HAD my teeth whitened at the brilliant Change Clinic in Portsmouth this week. My teeth were pretty decent anyway (no fillings etc) but years of coffee had slightly discoloured them. I saw some amazing photos to show how to turn yellow and the before

and after photos are truly amazing. If you need it done then go and see them. Their advert is on page 6. It's only 10 and only takes an hour! That wasn't a plug, I'm just happy and I feel I could be in The Only Way is Essex!

Photo of the week

#Chichesterphoto



Chichester Witterings, Jan 11 2014

Great picture taken during weekend including single drivers @The Witterings today

Win a meal for 2 at Murrays

Murrays



Chichester Herald is giving away a £25.00 voucher for a meal for two at Murrays. The Chichester Herald is giving away a £25.00 voucher for a meal for two at Murrays. The competition is open to all readers of the Chichester Herald. The competition is open to all readers of the Chichester Herald. The competition is open to all readers of the Chichester Herald.

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your guess to: news@thechichesterherald.co.uk

North Street, Chichester-West, Sussex PO19 1NH
Tel +44 (0)1243 778000 Email enquiries@thechichesterherald.co.uk

Let us know your guess by Friday 11th at 11.00. The competition is for one winner who will win a £25.00 voucher for a meal for two at Murrays. There is no cash alternative. A winner will be announced by email every Friday. Entry closes at 11.00 on Friday 11th. The competition is for one winner who will win a £25.00 voucher for a meal for two at Murrays.

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National News

Missing Megan Roberts: Student was 'affected by alcohol'

News in Brief

POLICE searching for missing student Megan Roberts say it is likely she suffered the same fate, in fact, while affected by alcohol.

The 20-year-old was last seen near Lendish Bridge in the city on Thursday.

Supt Phil Goss said: "The strongest and most probable line of inquiry being pursued by police is that Megan, affected by alcohol, had entered the river."

Police officers are searching the river.

Miss Roberts, from Motherley, West Midlands, was reported missing on Monday and her body was not seen on Tuesday.

Supt Goss stressed that there

was no evidence to indicate foul play.

He said: "On balance, the premise is a group of young friends on a night out that is likely to have ended in tragedy."

Miss Roberts was reported missing by her mother on Monday after a friend raised concerns that she had not been seen since a night out with friends at the Popworld nightclub last week.

Police said she was last seen on CCTV at 00.00 GMT with a group of people near Lendish Bridge, which crosses the River Gosport.

The group was seen walking back later on Monday Street on the other side of the bridge without Miss Roberts.



Three accused of stealing food from Iceland store bins

THREE MEN are to stand trial after allegedly taking cheese, tomatoes and salmon from bins behind an Iceland shop.

Paul, May, William James and Jamie Choo were arrested in Kewstow Town, north London, in October-Island and its staff did not tell the police.



At a court hearing in November, the men denied taking food or using stolen produce, causing the arrest of the Deputy Act 11/15.

They will next appear at Highway Magistrates Court on 30 January.

The three allegedly taken from the store's bins amounted to a total value of £100 and included tomatoes, mushrooms, cheese and Mr. Kipling salmon.

Mr. May, 30, Mr. James, 23, and Mr. Choo, 24, all of no fixed address, are expected to say they had been "drugged" a term used for taking food that would otherwise go to waste from a bin or shop.

At a court hearing in November, the men denied taking food or using stolen produce, causing the arrest of the Deputy Act 11/15.

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He, could I have my stolen, home-made, utterly unique, bamboo bike back?



THE LOST OF bikes are stolen in the UK each year. Most are never seen again by their owners, and some even have to be bought back from criminals but when advertising around magazine High Noon, 10, had his bike, he was eventually contacted with it. I largely because he had been told it wasn't his. I was utterly unique.

"I have friends who run a workshop where you can build a bamboo bike frame, so last summer I decided to make one for myself."

The handle and wheels came from an old road. I bought bamboo in India, it's very light, but it's pretty solid. I rode it from London to Bristol over the August bank holiday. On Saturday I went out with friends for a ride. At about 10 miles from a checkpoint we took a short cut to a coffee shop. I took back the bike and saw the bike. After five minutes I looked out again and it was gone. "The bike, the bike, everything. I was pissed. I called the police but was 20-30 miles away. I wouldn't get it back."

Officers faced with a car travelling the wrong way on the A3 decided to "turn it" when they saw it wasn't going to stop. Surrey Police have said.

Supt Richard Maltby said the officers were on an unmarked car when they saw the scene at 10 miles from the A3. They saw the car and the officers were on the A3. They saw the car and the officers were on the A3.

The Police were on the A3. They saw the car and the officers were on the A3. They saw the car and the officers were on the A3.

Two officers who were on the police car were also taken to hospital for treatment.

The 10 miles from the A3. They saw the car and the officers were on the A3. They saw the car and the officers were on the A3.

Facebook 'love' on which holiday photo sparks conspiracy

Paul Goss was arrested by the unnamed and of holiday outside town time.

With about 100 friends on Facebook, Paul Goss did not expect a "love" he posted to have much impact.

He wrote that he was "back to work" of being "tripped off" by a conspiracy which put up holiday photos outside school term time.

A few friends agreed, and followed him to show that if you have the best enough.

It was not just, and more than 10,000 people have shared it so far.

Supporters also began writing on online petitions calling for "conspiracy" action, and has now gone for beyond the 10,000 signatures needed for a possible debate in Parliament.

A television about preventing side cycling has been banned for showing a rider without a helmet.

The advert, part of a campaign by Cycling Scotland, which encourages the use of side cycling, has been banned for showing a rider without a helmet.

The Advertising Standards Authority (ASA) said it should not be shown on TV again as not wearing a helmet was "incredibly irresponsible".

Cycling Scotland said wearing a helmet was not a legal requirement.

Chichester Business

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Still time for local businesses to apply for a share of £40,000 to develop their websites

THERE'S still time for new and small businesses in the Chichester District to apply for a grant to improve their website. Businesses have until Thursday 20 February to apply for a share of £40,000 to develop or enhance their website.

Businesses must be based in the Chichester District and employ less than 10 staff or full time equivalent to qualify for the grant. The grant is open up to 50% of eligible costs.

Councillor Myles Collen, Chichester District Council's Cabinet Member for Commercial Services, says: "The council is determined to support local businesses and this is a fantastic opportunity for new and small businesses to bid for financial help to help enhance their website. It's a heavy-lift deadline to bid for your share of a few appreciate as much as the time to get your application in."

"We hope a wide range of new and existing small businesses

will apply to access that money to develop or enhance their website, which has become an essential part of business."

Chichester District Council opened the original scheme in 2006 and it ran until 2009. It gained worldwide popularity helping companies to create jobs, increase business growth and bookings on website, and in some cases even help companies start a website.

In total 300 businesses in the district benefited from the money – from photographers to farmers – with many seeing their business turnover increase, some by up to 50%.

The £40,000 is funded from West Sussex County Council's Audit and Governance and the grant scheme is being delivered by Chichester District Council.

For more information on the Shopping Grant Scheme see www.chichester.gov.uk/council/grants, email business.support@chichester.gov.uk or call 01243 554169.

All Change at the top

A MEETING of West Sussex County Council's full council will be held to approve the two people selected to lead the local authority over the coming months.

A cross party panel of Councillors led by Council Leader Louise Goldsmith named an interim on Monday (Jan 27) for a new interim Chief Operating Officer and interim Transformation Director.

Full Council will be asked to ratify the external appointment of Dame Abby to the interim Chief Operating Officer and interim Transformation Director. Dame Abby is a former senior executive of the NHS and worked for the NHS for 20 years.

Louise said: "I am delighted to be recommending to full council the appointment of both Gill and Dame to these new posts. I am confident that the new structure and these two people will move this organisation forward and deliver our vision for how we want and need West Sussex County Council to now operate in the future. I look forward to working with them both

to help transform and our staff continue to make a real difference to our residents and staff, and, moreover, the challenges that we will face in the future."

Dame is currently Director for Service Operations at West Sussex County Council and joined the authority in 2008. Her portfolio of responsibilities includes Highways and Transport, Waste Management, Information Services, Business Improvement, Support Services and Facilities Management. Before joining West Sussex County Council, Dame led a national background working for The Daily Mail and Mirror newspapers.

Dame brings a wealth of experience and knowledge to the role of Chief Operating Officer. She said: "I am delighted to have been offered the position and look forward to the part that I will play leading West Sussex County Council through the challenges that lie ahead."

With 15 years' experience of national corporate management in the public sector, most recently

as Corporate Director for three tertiary trusts, Gill was also the last holder of the role of Corporate Development for the second largest police force in the UK and is first full time Chief Executive of a prominent police authority.

She said: "The council has a clear and compelling vision of how it needs to change to deliver better services to local people. I am thrilled to be offered the opportunity to support the members and staff in making that vision a reality."

The new management model has been adopted following the joint decision by Louise and current Chief Executive Kevin Sheppard that the role of chief executives at all councils be made redundant.

Kenna will leave the Council on Friday, January 30.

He said: "Both Dame and Gill are very well suited to their new roles and to taking the council forward. I congratulate them on their successful appointments and have every confidence that they will both be a great success."

Barbara's birthday trolley dash



SIGNATURE Chichester celebrated Barbara Hall's 70th birthday this week – by giving her a free trolley of shopping. Barbara has been shopping with Chichester's most famous trolley since 1977. She was greeted by a number of colleagues and also Chris, the Deputy Store Manager, with a birthday song, balloons and a bunch of flowers.

After Nina (Gillies) handed out a little bit about how she was going to celebrate her birthday and how she got to the prize age of 70, which seemed to be through enjoying a little trolley. Barbara's decided to give her trolley of shopping for free as a token of good will on her birthday and welcome her 70th birthday to Chichester.



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Chichester Business

West Sussex businesses boosted by more than £500,000 in grants



The Business programme is a bid to unlock funding of up to £50,000. Projects had to be 50% match funded.

A total of 39 bids

have been awarded to businesses across the county.

The funding will provide an important boost to the business community in West Sussex. It is essential that people feel they are receiving worthwhile support as possible and the funding is one of a number of things West Sussex County Council is doing to support our local economy.

"Our county has so much potential and these additional funds can help unlock that potential by allowing people to perhaps have the confidence to take that step to become an entrepreneur and start up their own business. And it covers the funding that has been awarded to our established companies as part of support in these hard economic times."

Of the businesses that will receive funding, 50% are companies that have been trading for less than three years and 50% are established organisations that have been trading for more than 3 years.

Successful applications came from a variety of industries, including construction, manufacturing, retail, education, child and youth services, food manufacturing and production, tourism and leisure, engineering and IT from across West Sussex.

As well as an opportunity to bid for funding, the £500,000 Business programme offers all businesses and companies across the county one-to-one support, as well as peer to peer business networking sessions, workshops and events.

For further information about the support available and up and coming events, visit www.bidsussex.com.org or email info@bidsussex.com.org

More than 100 new, start-up and existing companies applied to West Sussex County Council for the funding.

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Bonhams to sell ex-Works Ferrari 375 Plus at Goodwood

BONHAMS will auction a Ferrari 375 Plus – the first of only five built – in an all-time top speed auction in June at Goodwood. A factory car, it competed in both the Mille Miglia and Le Mans, and its long running ownership dispute has now been resolved.

The 375 Plus was built in 1955, shown to Silverstone at a private preview event last night, was first campaigned in the 1956 Mille Miglia in the hands of Umberto Maglioli, before being driven to victory at 24 hours by Italian Argentinian Prodan/Gardner at Silverstone. Its final race for the factory was at the 24 Hours of Le Mans later that year, which saw the 375 Plus take the championship flag, while the car – chassis 0134160 – was forced to retire, although not before setting the fastest lap of the race.

For some time, the car has been at the centre of an ownership dispute between the Farn and Boulton families. Bonhams has spent the last year negotiating a deal between the parties and, now that an agreement has been reached, the car can be sold. As a result, the new buyer will not only become the custodian of the restored car, but also numerous other including a spare 4.5 litre V12 and what remains of the original body panels, still bearing traces of the 1957 Cuban Grand Prix race colours.

Bonhams has not set an estimate yet but, with its ownership tale now closed up, some experts believe that the rare Ferrari could become an eight-figure car when it is sold without reserve at the festival of Speed in June.



Arts & Entertainment

Comment New showing of *General Butler*

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Old school legends unite in the ultimate bout

Grudge Match (R)

Running time: 113 mins

Director: Peter Segal

Starring: Sylvester Stallone,

Robert De Niro, Kevin Hart,

Alan Arkin, Ken Jeong



Grudge Match doesn't quite deliver much Rocky vs Raging Bull passion but it remains watchable thanks to engaging, unimpaired performances and a script that knows how to effectively moshed its multiple clichés.

What's it all about?

Directed by Peter Segal, *Grudge Match* stars Sylvester Stallone as Heavy "Razor" Sharp and Robert De Niro as Billy "The Red" McDonen, two aging former boxers whose epic rivalry as the uprise was cut short after Razor mysteriously walked away from the sport. Move forward 30 years



Oliver Hart persuades both men to take part in exhibition for a million prize, the pair meet for the first time in 30 years and unashamedly regurgitate their feud, with a YouTube clip of their ensuing scrap (including public assault) as among their reasons for the do-or-die contest (after a victory song) that never took place. Since Razor has lost his job as a shoemaker and needs money for his old trainer's (Alan Arkin)

retirement home, he reluctantly agrees to the fight, which delivers better on-disco-dance bar owner Billy, some late box training, goons for manager Hammer, Gimp get recruited when it emerges that Razor's manager has quit the sport and Billy, despite being Razor's then girlfriend Sally (Ken Jeong), looking fully to the discovery that he now has a 30-year-old son (Ken Jeong as RJ), who is just happens to be

a personal trainer and is has a young son (Caden Grey as Trig)

The Good

There is actually a lot better than its key, poorly photo-shopped poster would lead you to believe, even if it doesn't quite deliver on its Rocky vs Raging Bull promise. For one thing, Stallone and De Niro squall off with other easily and both deliver engaging, lively and worthy performances, while a smarmy yet engaging team set to have surprisingly effective chemistry with Stallone. There's also likable comic support from both Hart and Arkin (there scenes together are the funniest moments in the film) as well as strong work from Jeong.

The script is both predictable and cliché-heavy (Oliver's son is a woman's double when all this is going), but it duly pushes all the right buttons and director Segal manages to maintain a consistent tone that doesn't overindulge either the old people-dance

physical-comedy element or the potential for sentimentality. On top of that, the dialogue is fun and there are a handful of nicely pitched references to both Rocky and Raging Bull that work well.

The Bad

It's hard to say that the film is more successful as a straight drama than as a comedy, since it never delivers any really big laughs and a number of its supposedly amusing moments fall flat, most notably a truly awful CGI-induced mid-credits song that should have been scrapped to the DVD extras. It also repeats the anti-ending-up-on-YouTube gag more times than strictly necessary and overstates the scene involving Billy and Trig.

Watch it if...

With opportunities mostly missed, *Grudge Match* is an engaging watchable thanks to engaging performances from Stallone and De Niro.

Sky Diary February 2014

By Peter Lattimore

The first week of February will be the last chance for a few months to spot the first February being live down in the SW - it's the morning twilight with the Moon just above it on the 1st.

There's more a lesson in the 5, using a couple of hours before the dawn and changing from a with a crescent shape to nearly half phase through the month with the Moon being very close by on the 20th.

Then rise in the E around 23:00 just a few degrees to the left of Vega's bright star Vega.

In the 5 the brilliant Jupiter is just moving into the stars of the Milky Way and setting at 01:30. It is worth a look with a modest telescope.

Here is the contribution of Linn news from around 01:00:

Pinetown Shows and Dates

February 2014

Sunday 02	8:30pm	The Northern Lights
Friday 07	7:30pm	Whitman: Stars, Moon and Planets
Friday 08	8:30pm	Stars on Friday: Stars in the Night
Saturday 14	7:30pm	Stars on Friday: Stars in the Night
Sunday 16	1:30pm	The World for Earth: The Northern Lights
Sunday 16	7:30pm	Great Jupiter: If it's of the Planets
Monday 17	8:30pm	ALBION: A Star of the Planets
Tuesday 18	7:30pm	Stars on Friday: Stars in the Night
Wednesday 19	8:30pm	Pinetown for Stars

Tickets Adults £5 Children £2.50 (2014) are available to order at the Pinetown Town Square Cinema. Alternatively phone 01247 704442 or email pinetown@pinetown.co.uk. To reserve your tickets, please to confirm booking only on the day map showing the location of the festival. www.pinetown.co.uk

Competition

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FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q Which character did Sylvester Stallone once play?

A. JAKE LA MOTTA
B. ROCKY BALBOA
C. TRAVIS BICKLE



Send your answer and include your full name, address and a contact phone number to competition@cineworld.co.uk. One lucky winner will be selected at random. Closing time is Sunday 16th February 2014 at midday. The winner will be notified by e-mail on the day. Last winner chosen was Sue Barry from Chilton for Chilton's World competition theme and conditions apply.

Send your answer and include your full name, address and a contact phone number to competition@cineworld.co.uk. One lucky winner will be selected at random. Closing time is Sunday 16th February 2014 at midday. The winner will be notified by e-mail on the day. Last winner chosen was Sue Barry from Chilton for Chilton's World competition theme and conditions apply.

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Chichester Harbour joins the Big Farmland Big Count

FARMERS in the Chichester Harbour Area of Outstanding Natural Beauty (AONB) are being encouraged to take part in the Big Farmland Big Count in February.

The Game and Wildlife Conservation Trust (GWCT) are organising this year's count to help determine how our farmland bird species are doing and to highlight the good conservation work being undertaken on farmland. The count will take place between the 2nd and 7th February 2014, and farmers are being encouraged to spend about 20 minutes recording the species and number of birds seen on one particular area of their farms.

Some of our native farmland bird species such as Skylark, Yellowhammer, Green Buntings and wild Grey Pheasants have suffered dramatic declines over recent years, including a 50% decline in breeding Green Buntings since 1997. However there is limited information on our remaining populations of farmland

Yellow Hammer - one of our native farmland bird species spotted during a count



birds and the practical benefits of farm conservation schemes and good management in supporting these populations.

John Gowers, Director of Chichester Harbour Conservancy said: "Chichester Harbour Conservancy would like to add its

support to GWCT in encouraging all farmers in the Area of Outstanding Natural Beauty (AONB) to participate in this important survey. We would like to thank our farming communities for helping to protect and enhance our precious farmland bird populations."

Two special services at Chichester Cathedral

Two special services will take place at Chichester Cathedral this weekend to mark the retirement of The Very Revd Nicholas Peckham, Dean of Chichester. On Saturday 1 February at 10pm, the Dean will be presented the Freedom of the City of Chichester – the highest honour the City Council can bestow, given to persons of distinction and persons who have rendered eminent services to the City.

This will be followed by a special Evensong at the Cathedral on Sunday 2 February at 10pm. The Dean will deliver a sermon at the fourteenth service, which will be followed a presentation of gifts and refreshments in a marriage on the Cathedral's north west lawn. Both these services are open to all and the wider public are warmly invited to attend.

The Dean, who has been in post since September 2002, will retire at the end of February. He is particularly noted for his work in urban faith and published monographs and his book 'Pardon and Peace Making of the Shion Process in Ireland' is highly acclaimed.

The Dean started his working life in retail, as the Harrods Management Training Advisor,



but then changed career and worked as a Public Officer at Prisoners Prison. It was during this time that he decided to train for ordination, studying Theology at Exeter University and finally at Cuddesdon College, Oxford. After periods ministry in Farnham and Tisbury, he moved to Liverpool in 1976 to become Dean of St James' Cathedral for four years. This was followed by six years as Rector of the ancient Liverpool city centre parish. Our Lady and St Nicholas, finally becoming Dean of Chichester in 2002.

The Very Revd Nicholas Peckham is also Vice President of the Chichester, Tisbury and Farnham Chapter for the English Heritage Trust. He is a member of the Executive of the Institute of Rural Buses and Education. He was also awarded an honorary Doctorate of Laws by the University of Liverpool in 2005 and its honorary Fellowship of Liverpool John Moores University in 2009.

What's On in your local area...

If you are invited to a night of fun and frolic such as a **Cherry Valentin's traditional Party** on Friday 14th February 10.00pm at 10.00pm at La Havane Bar & Lido, London Chichester. The night will feature live music and a DJ and a special time for the children and the H&MCC. You will be served with food and drinks with a special price for the evening that includes live music, food and coffee and more.

Price per ticket is £15.00. Tickets will be sold on a first come first served basis and this is a charity event. All payment will be required prior to the night to secure your place.

Event: Cherry Valentin's traditional Party.

Venue: La Havane Bar & Lido, London Chichester. Chichester PO18 1PH (01243 771771). **Date:** Friday 14 February 2014 10pm from

Open until: 10.00pm and food to book your table and drinks only on 01243 771771 or 07736 671436. **Seater fees:** £12.43 (771771) or £15.00 (671436).

Chichester Har in Chichester are putting on an event for charity **The Har and Donkeys Music Night** at 7.30 in the Ponds Golf Club on the 15th February 2014. The event will feature live music and a DJ and a special time for the children and the H&MCC. You will be served with food and drinks with a special price for the evening that includes live music, food and coffee and more.

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Food & Drink

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Japanese inspired cuisine comes to Chichester

Sample the sake, soba and sensational pan-asian flavours of wagamama, Chichester



WAGAMAMA (pronounced 'wagayama' which is Japanese) recently opened their doors for business on January 15th offering a unique and informal dining experience with long communal dining tables and bar stools where people can sit and enjoy together.

Despite starting the restaurant on a Monday night, the atmosphere and modern interior were packed with hungry patrons making the evening so vibrant.

With a menu of cheap drinks and for the less experienced, boba and smoothies.

There are over 40 different dishes on the menu and over 30 hot + cold drinks options. The restaurant is the first bar to work down any of the better dishes on the menu. The title is a refreshing and unique experience and their idea of a 'chilled food' dish seems to come from here. There is also a kids menu and many vegetarian options.

After being invited by the friendly and welcoming staff, we went with the manager's recommendation and opted for a selection of wagamama dishes. We

started with the amazing pulled pork gyoma dumplings and curry dish. The gyoma dumplings are sold delicious. Both cooked to perfection using different methods to create very different tastes. The dumplings are moist and tender with a spicy cherry hot sauce and the pulled pork dumplings are served with a spicy black sauce with ginger root paste.

For main course we tried the recently added mala mala, curry and the spicy fried chicken dish. The mala is a succulent and juicy grilled steak of mala mala on a bed of rice, sweet potato, peppers, mushrooms and moderately spicy coconut curry sauce. The chicken is slightly more poultry and one of the best of chicken dishes on the menu. Further to the menu are a variety of chicken (or pork) in a pot (or pot) with crisp vegetables, hot chicken, peppers, onions, a sweet and spicy sauce served with a bundle of white rice, combined with chicken, sweet sauce and lime. If you can't stand the heat, avoid the red hot chicken, but we certainly recommend both dishes for their taste and presentation.

For dessert, we highly recommend the white chocolate



and ginger chocolate with chili hot sauce. The perfect mix of tangy spicy and creamy chocolate on a crisp chocolate base.

As each dish is cooked fresh to order, you can choose how spicy you want your food to be and have certain ingredients and you prefer. Each dish is brought out when it is ready rather than all at once so you can enjoy your food as it is served. Despite being a natural choice, each dish is carefully monitored to ensure consistent quality and value for money and the staff seem very passionate about the food they serve.

Wagamama is really truly the coolest 'kitchen's favourite

chicken restaurant' award in the long London East guide and was also highly awarded as one of the best places for boba in the UK and the world.

To book your table or order from their take away menu, contact Wagamama Chichester to day on 01243 233 955. Open 10am - 10pm Monday - Saturday and 11am - 10pm Sunday.
Wagamama
26 South Street
Chichester
PO19 1LL
01243 233 955

Write for us! Email us at info@chichesterhd.co.uk

Food and Restaurant Review

Pauline Black, Pauline
Services, Chichester (pauline@chichesterhd.co.uk)
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The Paul Hollywood effect

More men than ever are rolling up their sleeves in the kitchen as they take up baking thanks to the rise in male celebrity chefs, such as Paul Hollywood making baking appealing to men

THE WATFORD Cakeshop School has this year seen a rise of 100 per cent in men taking up their baking classes compared to 2013 and in the last year alone has seen a rise of 10 per cent. Even the PM, David Cameron in October admitted that he doesn't know the price of a loaf of bread because he prefers to bake his own.

Bread making has also become one of the most popular courses at the Watford Cakeshop School with places selling out months in advance and a waiting list for places.

Says Karen Howarth, Watford Cakeshop School Manager: "The British love affair with baking is still on the rise and it's not just about the bread being whipped up at home

"More bakers are taking to the kitchen, making more and more men rolling up their sleeves and getting their hands dirty in the kitchen. It's the course that has seen the sharpest increase in enrolment in the last two years, which was attributed to The Great British Bake Off and the popularity of celebrity bakers, Paul Hollywood. There's a real sense of pride in making bread from scratch and people are not just out to the kitchen. Preparing a freshly baked loaf delivers a sense of pride at home."

Watford is a state of the art bakery school in London in October 2013, opening its doors to the public for everyone who wants to learn and love good food. The 4,000

sq. bakery school comprises a theatre, teaching area, dining area, bar and kitchen. It was the first UK supermarket to open and operate a bakery school which employs some highly skilled chefs to deliver expertise and theatre.

On offer are a range of bakery classes, including weekend baking, no particular course of the week in London or France, to more difficult bread making such as loafery and bread-making. The baking classes launched at a time when the bakery school opened and continues for a very long time on bakery day which includes learning how to knead and bake your way to a perfect loaf. This is then followed by lunch and chef demonstrations with all customers taking home their freshly made



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Mental Health and the Gut

(Do not read if you are eating your breakfast)

BEFORE anti-depressants were invented at the end of the 1950s, mental illness was often treated surgically. In fact, famously, in 1949 the creator of the lobotomy was awarded the Nobel Prize. Before most of those people were lobotomised, however, celebrity was all the rage. There was a theory that bad bacteria in the gut was the cause of mental illness. So the cure was to surgically remove the colon. Yes, the surgery talked about one at three, but when they didn't do, surgeons learned positive results.

Others, though, suggested a less drastic approach, proposing that you could control what



Denise Kelly
Nutritionist, Holistic Therapist

the "intestinal probiotics" by changing the natural flora. Over a century ago there were reports of successfully treating pernicious anaemia like depression with a dietary regimen that included probiotics. Doctors perceived a connection between depression and diets deficient in quantity and moisture and may otherwise be "acid". Reportedly, after the probiotic regimen not only did people feel better psychologically,

but they had fewer "bowel issues" as quantity, became softer, and of regular consistency, and the otherwise "well disturbed" Consistent with the probiotics, however, all patients were started on a vegetarian diet, so it may not have been the probiotics at all!

This entire field of surgery occurred almost for about a hundred years, but a new discipline has recently emerged known as enteral (meaning intestinal) neuroscience. Our enteric nervous system, basically the collection of nerves in our gut, has been referred to as a "second brain" given its size, complexity, and autonomy. It's true as many nerves in our gut as we do in our spinal cord. The size and complexity of our gut brain is not

surprising when considering the challenges modern life throws at us.

Anyone who's had butterflies on their stomach knows that our mental state can affect our gut, but can our gut affect our mental state? Studies show that every day someone on a healthy diet put five people on. Less than people suffering from chronic fatigue syndrome who are also experiencing gut dysfunction. Over the years researchers have tried giving sufferers of depression and fatigue probiotics to see if their mental and physical state could be improved and in many cases it did appear to help.

One month of probiotics appears to significantly decrease symptoms of anxiety, depression, and anger.



Not too much and excessive plenty of the green stuff - your liver will thank you for it

Healthy and it may also help with weight control and seem to subvert magnesium loss. However, as I've reported, clean up your diet, eat less meat and increase plenty of the green stuff. Your liver will thank you for it and your body will increase making the world a great place to live.

Get serious about colon health

A lifetime of following top diets that won't control and backed up by fibre can eventually take on pressure out through the small glands in the wall of the colon. These helping out perhaps can get inflamed,

inflamed, and even lead to a life threatening rupture of our arteries. Literally thousands of people in the UK are hospitalized every year for this very preventable condition.

For a full consultation and Ayurvedic TCM with Dr. Neri and to find out just what's going on in your body give us a call on 01404 514444

Guest Kelly is a BANT (British Association of Nutritionists) registered Nutritionist/Massage Therapist. The senior Nutritionist Programme a variety of organisations and has a private practice in Chichester/West Sussex. @ChubaidNut

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Micro incision cataract surgery

By Mr Peter Fox, Consultant Ophthalmologist, Surgeon at Chichester Nuffield Hospital

A CATARACT is a clouding of the lens within the eye, most are due to the normal effects of ageing of the eye, it can be compared with a window that is frosted or covered in steam. Some patients develop cataracts due to other factors, such as an injury to the eye, existing medical problems such as diabetes or a family history. The most common symptoms include poor night vision, needing brighter light to read, painful burning of vision and more frequent prescription changes for glasses. It is important to remember that cataracts are not a cause of irreversible blindness, they do not spread from one eye to the other and it is not a life threatening eye condition.

When cataracts are detected by your optician during a routine sight test and the majority of patients simply need a change of glasses in the early stages of cataract development. Not all symptoms of visual loss are due to cataracts, there may be other reasons such as problems with the retina or the optic nerve, but as a consultant ophthalmologist, I will be able to discuss the likely visual

impairment after surgery. Cataract development differently for each patient and although most age related cataracts develop over years, cataracts in younger people and those with diabetes can rapidly worsen over a period of months. As the cataract develops and begins to interfere with daily activities then surgery should be considered.

Modern cataract surgery is considered to be a highly successful procedure with improved vision in over 90% of cases, I personally audit the outcomes of all of my cataract surgery, currently over 2000 cases. Cataract surgery is usually carried out under local anaesthetic and does not usually require the patient to stay in hospital. During the years there was a dramatic change in cataract surgery with the introduction of small incision phacoemulsification, which replaced the traditional large incision approach. Also changing the way the lens was cut and changed from rigid to foldable lenses and the further



reduced the amount of time. Currently more cataract surgery using the Phacemulsification technique at the Chichester Nuffield Hospital has reduced the cataract rate over further to a point and offers the patient rapid visual recovery due to quicker wound healing, and the smaller incision leads to a lower risk of infection post-operatively.

As with all surgical procedures, you should take the time to discuss with your ophthalmologist the details of your own cataract history and the risks and benefits of the procedure.

Please call using 01404 514444 for more information.



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Majority of parents are 'pushing' children towards careers

SEE: DR TONY parent admit to trying to push their child down a particular career route, a new survey reveals. Researchers found that parents are trying to influence their child's career or education plans, with many admitting it's to try and steer them in the path they wish they had taken.

Other reasons for the pushy parenting include simply wanting the best for them, trying to step down making the same mistakes they did or even to encourage their

child to follow in their footsteps. That almost four in ten admit they think they have led to much pressure on their children over their career choice.

The study also found that one in five parents are more likely to try and influence their child's choice, compared to just 1% who help ease pressure on their own.

A spokesman for Ipsos Mori, which commissioned the research to mark the launch of the Institute of Manufacturing's 'Future', said:

"It's natural for parents to want the best for their children, so it's only right that they are there to offer guidance and advice at a time when their children are making some of their most important decisions of their life."

"But because of this, it's important that the decision young people do make is what they really want to do - not what mum or dad wants them to do."

"It's especially worrying to see that it's daughters who are most likely to be pushed into something compared to sons."

"This highlights the importance of providing young people and their parents with career advice that is not generated by gender stereotypes."

The study of 4,000 parents of children aged 12 and over found that 41% admit to trying to influence their child's career choice in some way.

But while 41% just push the advice, 47% admit they just come out and tell their child exactly what they want them to do.

41% have even related the help of a friend or even their child's friend to help talk them into this, or even of a particular teacher that their career or education choice.

Researchers found that while 41% try to tell their children out a certain route because they were nothing but the best for them, three in ten said it's because they want

them to go to university.

Almost one in five believe their children are more capable than they think while 4% don't want to be stuck in the same career they have been.

Trying them to study a certain subject at college or university was a particular amount of money or even not wanting them to go to university at all, are also among the reasons for the pushy parenting.

Almost one in ten have even noted with their children once they were trying to talk them into something or they were making a decision they didn't agree with.

But one in three admitted they worry that pushing their child into a certain job or career may lead to them being unhappy in the future, with a quarter regretting the impression they tried to make on their offspring.

Half (50%) of respondents admitted to being a pushy parent, while a further 41% agreed up to trying to influence their child's decision in a while.

Other than career choices, almost half their friends and even their mothers or sisters have also been on the list of things parents try to influence.

Dr Sue Jones, of Ipsos Mori and The Ipsos Academy, added: "The results of this research support our message for launching the Future of Manufacturing initiative."



"There is a potential ideal about jobs in engineering and manufacturing with parents and teachers either knowingly or unknowingly perpetuating the image encourages the women should enter some professions and men should go into science and maths based professions."

"Modern manufacturing and engineering is a technologically advanced and innovative sector so we need to have awareness of the opportunities and Jack, ending and fulfilling career opportunities available to women since male and young women to study STEM (science, technology, engineering and maths) subjects and go into careers in the industry."

The Theresa May effect

IT'S BEEN THREE WEEKS SINCE Theresa May has become an unlikely style icon on high street outside. Debenhams has reported a 10% increase in sales of the Leopard print ballroom pumps.

May, renowned for her love of eye-catching footwear, was first spotted sporting a pair of Leopard print ballroom heels at the Tory party conference last week in Leeds, promoting multiple headlines and press from London commentators claiming she has been 'photographed wearing a variety of scandalous and tasteless with debauched details at a conference' controversy including a pair of Debenhams-branded low-rise at Monday's Tory conference, Boris

Johnson once admitted that a pair of Leopard print 'Mollie's of the 1940s' shoes in a nearby boutique 'commonly a clothing prop'.

Leopard print pumps are currently selling like hotcakes, with one pair of Leopard print 'Mollie's of the 1940s' shoes in a nearby boutique 'commonly a clothing prop'. May's choice of shoes has been extensively well covered by the customers who saw a great deal on a great looking touch to her outfit.

Horoscopes

Aries 21 March - 20 April

Because you are more outgoing, decisions to make you are not making until you are at least 100% sure. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.

Taurus 21 April - 21 May

You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.

Gemini 22 May - 21 June

You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.

21st January - 6th February
Horoscopes from Kim:

Virgo 22 August - 23 September

You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.

Libra 24 September - 23 October

You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.

Scorpio 24 October - 22 November

You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.

Sagittarius 23 November - 22 December

You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.

You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.

Capricorn 23 December - 21 January

You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them. You are not sure if you can't find them.



January 21st - February 6th

February 21st - March 21st

March 21st - April 21st

April 21st - May 21st

May 21st - June 21st

June 21st - July 21st

July 21st - August 21st

August 21st - September 21st

September 21st - October 21st

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the clues below to fill in the grid to use every letter.



Left week's solution:

D A K M N Y K R U H L
E Q Q O X S W I T O P P Y

Wordsearch

E C C
H N R
Y A I

How possible

10 words - average
20 words - good
30 words - very good
40 or more - excellent

One possible for starters to find is every word in the grid. Each word must use the letters in the grid. Each word must use the letters in the grid and at least 3 letters, and letters may be used only once. This cannot be done. Some words are longer than 10 letters. There is one 10-letter word to be found.

Last week's solution:

and one or more words are given, and you must find the words. Some words are longer than 10 letters. There is one 10-letter word to be found.

Double Crossword

Choose either words in cryptic clues.

Cryptic Clues:

Across

1. A word for a...

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Landlords look to the New Year with optimism

LANDLORDS are looking to 2014 with an increasing sense of optimism for the wider buy-to-let market and the performance of their rental portfolios, a report by Pwycem Mortgage has revealed.

The annual buy-to-let lender's Q4 2013 Trends survey of around 100 landlord customers, found that 68% of landlords are feeling optimistic about the prospects for

their portfolio.

During the second half of 2013, landlords' optimism has been at the highest level recorded. Those surveyed were also seeing positive about the value of their property investments with a third (33%) expecting an increase in net value in 2014. This has also been an upward trend, having dipped to its all time low between 2007/2008

and remaining relatively flat through 2011 - 2012.

Just over a fifth of landlords are planning to invest an further buy-to-let property in the first quarter of 2014 (16) from landlords looking to buy, large-scale landlords were more likely to expect to purchase property (16%) than small-scale landlords (8%).

John Harris, Director of

Mortgage, said: "Money has been a good year for buy-to-let and landlords certainly seem to be more active in the market. With an extra a steady increase in the levels of optimism among our landlord customers, and this looks set to carry into the New Year.

"The expert buy-to-let lending market wide in 2013 to be in the region of £20 billion and while

this would represent a material level of growth over 2012, we should keep things in perspective. The only take as such to the level of buy-to-let lending that we had ten years ago and over that period, the private rented sector has increased by 80%. Any talk of house ownership in the buy-to-let market would appear to be premature indeed."

Almost two thirds of first time buyers receive help in saving a deposit

THE BANK OF MIND and Data still has an important role to play for First Time Buyers, with almost two thirds receiving help in saving a deposit for their first property, according to research from Chichester and Yorkshire Lenders.

The Annual First Time Buyers Research from the Lenders highlighted that 65% benefit from financial support when taking their first step onto the property ladder. The Bank of Mind and Data was for 50% of respondents with 20% receiving a loan and 45% benefiting from the gift of a deposit from their parents or another family member.

Potential homeowners in the

Midlands are benefiting from the highest levels of support with 67% receiving help, closely followed by London and the South East. The lowest levels of help seen in the East, however still more than half (50%) have helped in receiving a deposit.

Regional Breakdowns of receiving help in saving a deposit:

Regions: 5% receiving help
Midlands: 67%
London: 66%
South East: 65%
Wales: 65%
Yorkshire: 65%
UK Average: 65%
North East: 65%

North West: 65%
Scotland: 65%
South West: 65%
East: 65%

The larger proportion of those surveyed (65%) had received support to save the value of their new home with a further 50% benefiting from between 5 and 10%.

For the largest percentage (10%) of the First Time Buyers surveyed it took between one and two years to save a deposit, however for almost one in five (18%) it took between four and five years to manage to put aside the required deposit for their first property.

Length of time to save deposit:

1 to 2 years: 10%
3 to 4 years: 20%
5 months to 1 year: 20%
6 to 12 months: 10%
3 to 4 years: 10%
Over 5 years: 10%
Less than 6 months: 10%

Andrew Peters, Retail Director for Chichester and Yorkshire Lenders, said: "This research underlines the challenges that First Time Buyers may face when trying to take their first steps onto the property ladder.

"Many people saving for a home are a deposit and our survey highlights that a significant proportion turn to family and friends for financial support."



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**ALDWICK****£219,950**

A detached bungalow situated in a quiet area within 400 yards of bus services. Double room aspect, L shaped living room, kitchen, two bedrooms (one with separate storage/potential dressing room), bathroom, integral garage and gardens including a South facing rear R/Pc Parking 10.

**ALDWICK BAY ESTATE****£270,000**

A very well presented 3/4 bath apartment situated in a well developed complex. 150 yards from the green, main roads. The apartment has been made for superior in programme of refurbishment modernisation including a lift, a P.V.C. double glazing, dual aspecting on both windows in South oriented kitchen (refrigerator on the balcony, fully fitted kitchen on garage in newly developed section of development in rear garden). EPC Rating G.

**ALDWICK BAY ESTATE****£295,000**

A ground floor flat situated in a well developed complex in a quiet area. 150 yards from the green, main roads. The property has been made for superior in programme of refurbishment modernisation including a lift, a P.V.C. double glazing, dual aspect living room with views opening to the rear, kitchen, two bedrooms (one with separate storage/potential dressing room), bathroom, integral garage and a South facing rear garden. EPC Rating G.

**ORALOWER-ON-SEA****£237,000**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach. D.P.R. is P.V.C. double glazing, a 17' triple aspect living room, two double bedrooms, a fitted kitchen, a fitted bathroom, a garage and a private South West facing rear garden. EPC Rating B.

**ALDWICK****£227,500**

A well presented two bedroom first floor apartment situated in a private secure estate with 150 yards of the green. Access to the beach. D.P.R. is P.V.C. double glazing, attractive living room overlooking the lounge & kitchen with doors to beach. Fitted kitchen, bathroom, allocated parking. South facing rear garden. NO FORWARD DRINK. EPC Rating B.

**PACHAM****£215,000**

A well presented two bedroom semi detached bungalow situated in a quiet area approximately 150 yards from the green, main roads. The property has been made for superior in programme of refurbishment modernisation including a lift, a P.V.C. double glazing, dual aspect living room with views opening to the rear, kitchen, two bedrooms (one with separate storage/potential dressing room), bathroom, integral garage and a South facing rear garden. EPC Rating G.

**ALDWICK****£130,000**

A one bedroom clean run apartment in the grounds of the Royal Brompton and nursing home. Apartment has a living area, kitchen and an integral carport and the availability of any level of assistance from the care home. The property has been recently refurbished with new carpets, replacement shower room, replacement kitchen and an integral carport. Bath L.P., private parking. Being offered as a commercial/county town R/Pc rating is C.

Motors

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Aryton Senna supercar sprints to auction

A FANTASTIC 1992 Honda NSX, owned by legendary three-time Formula One World Champion Ayrton Senna, is set to go under the hammer of Silverstone Auctions' Race Motors Classic Car Sale on the road and aged of February.

The car was originally purchased by Nelson Piquet de Almeida Braga, close personal friend, manager and mentor of Senna, for the driver to use when he wanted his home in Portugal.

Following Senna's tragic death at Imola in 1994, Braga remained as the garage of Braga's home where it was not allowed to be touched or driven by anyone. After two years it was eventually sold to a buyer who kept it only a short time before being purchased by the current owner, variations from ago.

With "Senna" meaning driver, Senna's name, said, "They usually show a car with such pedigree and provenance tends to attract, especially with such a powerful and personal link to arguably the greatest F1 driver of all time, and

as such, will be incredibly sought to offer it for sale."

The car, offered with an estimate of between £75,000 to £100,000, is presented in black with a black leather exterior, manual purchase and has several just-published. When showing the car Braga made sure it was set to the same specifications that Senna drove for his own F1F and as regarded as the ultimate combination for the car.

This year was the 50th anniversary of the death of the racing man and the car will prove a great attraction for buyers with heightened interest in the much-admired model and the high anniversary of its introduction. Auctioneer Mark Parr, Senna was personally involved in the development of the NSX due to Honda supplying engines to the McLaren F1 team, a partnership which is set to resume again for the next season.

For more information on the car visit www.auctioneers.co.uk or book a view now.

Whiplash changes welcome - but more needs to be done

MEANS by the Government to make changes to the system of compensation claims around whiplash injury have been welcomed by almost all concerned - and whiplash claims a long overdue.

Just as with most things in life, there's a danger of over-reaction which could mean that innocent victims of road traffic accidents with genuine life-changing injuries could lose out.

Doctors have promised to see UK motorist insurance costs money by dealing with what they describe as the "compensation culture". And first in line for reform are whiplash claims which have gained a reputation as the most extremely bogus and most abused, area of compensation associated with traffic crashes.

Independent medical panels are to be established which will attempt to identify both exaggerated and mostly fraudulent claims for whiplash injuries.

As the law stands, motorists are able to make an offer to claim without any medical report. This leaves the system open to abuse, allowing people to make fraudulent claims on,

more seriously, to exaggerate their injuries to increase the compensation payment. This causes enormous pressure to be far higher than they used to be for the vast majority of low-velocity accidents.

Under the new system, insurance companies won't have to pay out for whiplash claims in the absence of a medical report from an independent medical professional.

This is long overdue, the UK has a far higher occurrence and compensation payment level than the rest of Europe, while insurance payments for whiplash are allowed to spike at alarming levels recently. Now, however, statistics generated by the AA show that motor insurance premiums are coming down at their steepest rate since 2005. In fact, some fall by a whopping 25%, an average, for comprehensive cover over the October 2013 to October 2014 period.

However, motorists from the Black Mile and others are concerned that legitimate road traffic crashes where they have been damaged from seeking justice and proper compensation for their very genuine injuries.



The truth is that genuine whiplash injury can be extremely debilitating for short or long periods of time depending on the type and severity. But the whiplash injury generated negative publicity directly causes insurance companies to make a perfectly legitimate claim. Time off work for whiplash injury often shows something of a "very small" from employers, whilst for self-employed people, time off work simply isn't an option save for the most severe injuries.

So there is something of a danger of throwing the baby out with the bath water, though overall the Government's measures have been welcomed by motorist organisations, consumer organisations and health professionals alike in the UK because of the reputation in Europe's whiplash capital.

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Sunday 16th February	Portsmouth Guildhall
Sunday 23rd February	Old Thorns Manor Hotel, Liphook
Sunday 9th March	Portsmouth Marriott
Sunday 16th March	Grand Harbour Hotel, Southampton (NEW)
Sunday 23rd March	The Holiday Inn, Titchfield
Sunday 13th April	Bournemouth Marriott (NEW)
Sunday 11th May	The Royal Marines Museum, Southsea
Sunday 18th May	The Grand, Brighton
Sunday 1st June	Old Thorns Manor Hotel, Liphook
Sunday 8th June	The Basingstoke Country Hotel (NEW)
Sunday 6th July	Cams Hall, Fareham
Sunday 13th July	The Concorde Club, Eastleigh
Sunday 31st August	Portsmouth Marriott
Sunday 14th September	The Solent Hotel & Spa - Whiteley
Sunday 28th September	Portsmouth Guildhall
Sunday 5th October	Old Thorns Manor Hotel, Liphook
Sunday 12th October	Grand Harbour Hotel, Southampton (NEW)
Sunday 19th October	The Royal Marines Museum, Southsea
Sunday 26th October	The Holiday Inn, Titchfield
Sunday 2nd November	De Vere Venues New Place, Sharnell Heath

More dates being added all the time. See website for up-to-date list



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Sport

Rugby

Chichester pair get ready for National duties

FORMER Chichester rugby player Kieran Lee has been named in the full Scotland Scotland squad, primarily as a clubhouse factor but with capability to cover second row. The 26-year-old has scored debut as a replacement in the Scotland v Australia game. Kieran is the first player in the club's history to be named in the Scotland full team, having scored in the first team at 17, before moving into England U18 and U19 teams and a regular first XV player at London Irish.

Charlie Matthews has been called up into the England Saxons squad after a season which has seen him establish himself as a first pick second row for Harlequins first XV. Having played with Kieran in England under 18 and 20-23, it shows what an exceptional young group that has been. Charlie played at Chichester up until under 16.

Everyone who has watched these great lads grow up at Oldlands Park as top rugby players and people, are extremely proud of these achievements and wish them the very best of luck in their international careers. Hopefully they will one day represent us at full international!



Former Chichester star Charlie Matthews

Sussex County Football League Tables

Division One

Team	P	Pts
1. EAST PRESTON	26	54
2. LITTLEHAMPTON TOWN	26	41
3. BODENHAMPTON	27	40
4. CHICHESTER CITY ATHLETIC	27	40
5. EAST GRINSTEAD TOWN	27	40
6. HAYWARDS	26	37
7. GOINGHAM MANCHESTERS	27	33
8. SACRAM	27	32
9. SELBY	27	32
10. NEWBURY	27	31
11. LARKFIELD	26	29
12. CHICHESTER CITY	27	27
13. BRIGHTON	27	26
14. RYE UNITED	26	24
15. ST FRANCIS RANGERS	26	24
16. LARKING	27	22
17. SHERIDAN	26	20
18. ARABIAN	27	16
19. HANGLINGTOWN	26	16
20. WORTHING UNITED	26	5

Division Two

Team	P	Pts
1. SPITFIRE UNITED AFC	26	48
2. LIDWOOD	26	40
3. BARNHAM RANGERS	27	40
4. BARNHAM RANGERS	27	38
5. BODENHAMPTON	27	37
6. LITTLE COMMON	27	33
7. SHYBING TOWN	27	30
8. WICK & PARISH UNITED	26	28
9. APC SHERFIELD	26	28
10. HILL CASE	26	26
11. WESTFIELD	26	25
12. ECKINGTON	27	24
13. GARDING	27	23
14. STONE BRIDGE	26	14
15. SLAFFORD TOWN	27	12
16. HANGLING TOWN & PARISH UNITED	27	12
17. SACRAM UNITED	27	10

Division Three

Team	P	Pts
1. LARKING MANCHESTERS	9	22
2. WICK	11	21
3. BODENHAMPTON	12	19
4. BODENHAMPTON	11	18
5. PERKINS	9	18
6. WICKFIELD TOWN	9	18
7. CLYBURN	12	18
8. BARNHAMPTON CT	11	12
9. HILL CASE	10	12
10. HILL CASE	11	11
11. SACRAM	11	11

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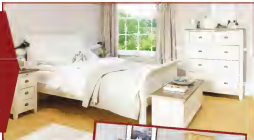
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